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Thread: [One Minute and Thirty Seconds of Ice Cold Freedom](#)

Vigor - July 21, 2015, 7:10 pm

I'm upset. I'm frustrated, angry, or anxious. I'm obsessive, I'm negative, or I'm miserable. Any one or combination of these things.

What do I do?

I hop in that ice cold, take-your-breath-right-out-of-your-lungs shower. Good luck worrying about the job search while you can't even properly breathe, motherfucker. This has to be the most refreshing thing in the world, to be quite honest. That initial shock is literally equivalent to a stream of pure freedom, running right down your back and over the rest of your body.

I recommend that everyone gives it a shot. Right now.

Natani - July 21, 2015, 9:01 pm

Well I don't do it like you say. I usually Have a warm shower and before I exit I crank it all the way to the cold. Reason I do that well I live up north and well my house is dam cold so I have to adapt from a warm shower to a cold house. Phht good times.

Vigor - July 23, 2015, 1:33 pm

Feeels good man .jpeg B-)

RelationShit - July 23, 2015, 1:50 pm

I can't

I can only shower if it's as hot as lava

unless it's summer.

shooky - July 23, 2015, 1:52 pm

<https://www.youtube.com/watch?v=qxz8QNqrzwY>